

Reading Glasses Strength Test

To determine the proper strength for your reading glasses, follow the steps below.

- 1** Print this file at Actual Size using 100% scale.
To ensure that the ruler on this page is printed at the correct scale ONLY Adobe Acrobat or Adobe Reader via IE, Firefox, or Safari should be used. Other browsers including **Google Chrome** may use a default PDF viewer which will not print to the correct scale; users with these browsers should first save this file to their computer and open it directly for accurate results.
- 2** Hold the page approximately 12-14 inches away from your face.
- 3** Start reading the chart below from top to bottom. If you can't read the top line, move to the next line down.
- 4** Keep repeating this process until you can **clearly** read a full line.
- 5** When you can clearly read a line, stop and look to the strength listed for that line. The strength listed is the proper strength you'll need for your reading glasses

Strength

+1.00

If you can read this, 1.00 is the proper strength for you.

+1.25

If you can read this, 1.25 is the proper strength for you.

+1.50

If you can read this, 1.50 is the proper strength for you.

+1.75

If you can read this, 1.75 is the proper strength for you.

+2.00

If you can read this, 2.00 is the proper strength for you.

+2.25

If you can read this, 2.25 is the proper strength for you.

+2.50

If you can read this, 2.50 is the proper strength for you.

+2.75

If you can read this, 2.75 is the proper strength for you.

+3.25

If you can read this, 3.25 is the proper strength for you.